

# Quick Start Kits Provide Smooth Introduction to Kettlebells

*Manufacturers Target Beginning Kettlebell Users With Discount Equipment and Training Packages*

03/13/08 - Fitness enthusiasts looking to get started in training with kettlebells are now benefiting from the recent growing popularity of these old-school cast iron weights, as several companies are now offering discount "quick-start"™ packages combining kettlebells with training DVDs and books at a discount, according to online kettlebells resource Russian Kettlebell.com (<http://www.russian-kettlebell.com/>)

"Training with kettlebells is becoming fast growing market," said a spokesperson for the website. "What better way for manufacturers to attract new users than to offer discounts for beginning users on equipment and training packages? Several quick start kits are already available offering discounts on kettlebells bundled with training DVDs and training books and appear to be very popular among new kettlebell users."

In addition to the quick start kits, site visitors can also find a large section of varying sizes of kettlebells, exercise and training DVD's, instructional books, and personal trainers can find information on how to become certified in training clients with kettlebells.

To learn more about kettlebells, including workout tips and exercise routines, please visit Russian Kettlebell.com on the web at [www.russian-kettlebell.com](http://www.russian-kettlebell.com).

## About Russian Kettlebell.com

Russian Kettlebell.com was established in 2004 as the authority in online resources for kettlebells, kettlebell training DVD's, and kettlebell exercise programs. Also featuring related strength and conditioning products such as clubbells, the site has maintained a high profile as one of the premier online destinations for information on training with kettlebells.

<http://www.russian-kettlebell.com/>